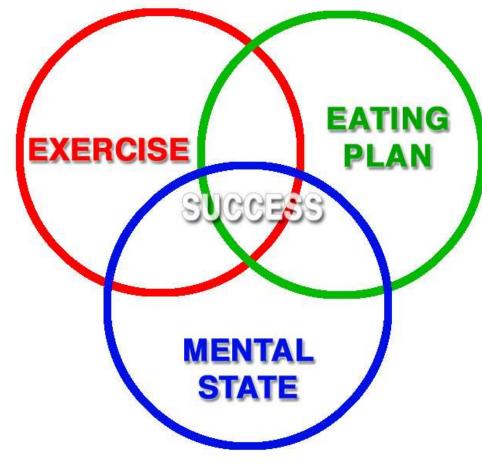


PT ENHANCEMENT PROGRAM









PT Enhancement Program

Directive of CSM John Ryan, Written by SFC Brent Anders 235th Kansas National Guard KSRTI, Salina KS, 2009

The 235th Kansas Readiness Training Institute (KS RTI) Physical Training Enhancement Program is a health and fitness program designed to help all soldiers meet the necessary standards to successfully pass the Army Physical Fitness Test (APFT). This program is broken down into three distinct areas that when combined and properly implemented will assure that all soldiers fully accomplish their mission and pass the APFT. The PT Enhancement Programs' three areas are: Exercise/ Physical Exertion, The Eating Plan and The Mental State. Each area is thoroughly discussed and explained in the proceeding document. Although implementing each area separately will help soldiers improve, it is important for all areas to be addressed and implemented to maximize soldiers health and success.

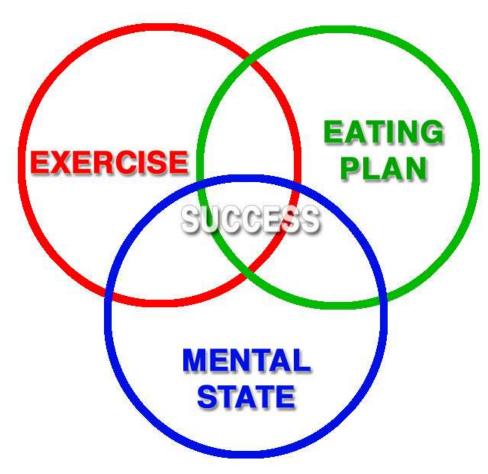


Figure 1. The three areas of the PT Enhancement Program: Exercise, Eating Plan and Mental State.

Together they equal success!

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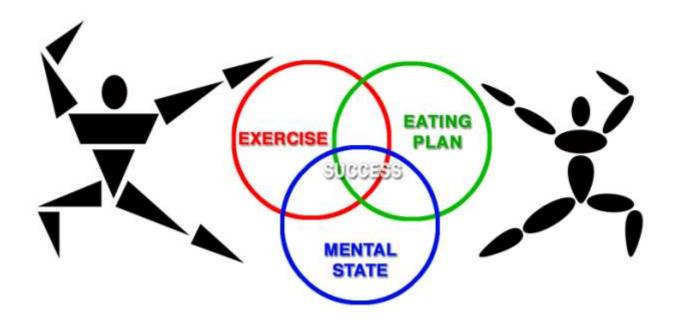


It is important to understand that as a solider it is your duty to stay physically fit and healthy. Some might think that being physically fit and being healthy are the same thing, but they are not.

Physical Fitness is: "...the ability to function effectively in physical work, training, and other activities and still have enough energy left over to handle any emergencies which may arise," (FM 21-10)

Being Healthy is: "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity," (World Health Assembly, http://en.wikipedia.org/wiki/Healthy), the Army sometimes refers to this as "Total Fitness."

By understanding the difference in the meaning we can see that as a soldier you could be physically fit, but not healthy. Being physically fit and healthy is the overall goal so as to ensure mission success not only for current missions, but in the long run as well. Keep this in mind as you review this booklet and learn how to be physically fit so as to pass your PT test and be able to maximize your performance of whatever the Army asks you to do, as well as to be healthy so as to live a long, productive life with minimal injuries and sickness.



Note: Each of the following main sections will state the importance of each section and fully describe each section. It will end with a review box to provide you with the main points of that section. Use this review box as a guide when referring back to the information for your own use and implementation.



Exercise and Physical Exertion

Exercising and physical exertion is important so that we can pass our PT test, help others and possibly give us the extra strength and stamina to save our life or the life of others in a combat environment.

The overall basic principles of exercise and physical exertion are: regularity, progression, balance, variety, specificity, recovery and overload (more information available within the FM 21-20 "Principles of Exercise).

To simplify things we will focus on the **FITT** Factors: Frequency, Intensity, Time and Type.

FREQUENCY: This refers to how often one should exercise. You should do vigorous exercise and physical exertion 3 to 5 times per week. 3 times being the least amount of time devoted, with 5 times being the optimal for overall fitness improvement.

INTENSITY: This refers to the amount of effort being given for the particular exercise.

Cardio/Aerobic type exercises such as running, speed walking and biking should be done at an intensity level that elevates your heart rate to between 60 to 90 percent of your heart rate max or HHR (Hear Rate Reserve). A mathematical formula for determining your HRR is provided at the end of this booklet in the Additional Information section, but an easier way is to simply note that you should do cardio/aerobic exercise at an intensity level where it becomes difficult to talk while performing the exercise. This is sometimes referred to as the talk-test method of determining how intensely you are working out.

For exercises where muscular strength and/or muscular endurance are involved and weights are being used, the general guidelines are as follows:

For Strength: Use sufficient weight so that you can only do 3 to 7 repetitions of the exercise, generally done for 2 to 3 sets.

For Endurance: Use sufficient weight so that you can do 12 to 20 repetitions of the exercise, generally done for 3 to 4 sets.

For both Strength and Endurance: Use sufficient weight so that you can only do 8 to 12 repetitions of the exercise, generally done for 3 to 4 sets.

Note: to avoid overtraining in either cardio/aerobic exercises or muscular strength/endurance exercise, intensity levels should fluctuate. A hard training session (for that body part) followed by a recovery training session (for that body part) should be the general approach for each type of exercise.

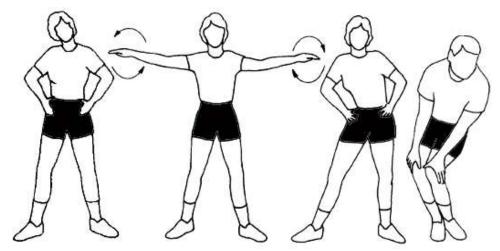
TIME: The amount of time that one should spend exercising and doing physical exertion depends on the type of exercise being performed.

Cardio/Aerobic exercise should be done for at least 20 minutes. Muscular strength and Endurance exercising will vary but in general should last 20 to 45 minutes. Additional time should also be given for warm up and cool down.

TYPE: This refers to the kind of exercise being performed. It is important to select a variety of different exercises in order to have good overall physical fitness. At the same time it is also important to understand that in order to improve one's APFT (Army Physical Fitness Test) score, one has to practice doing the required events. Other exercises will help you improve, but no other exercise like running, push-ups and sit-ups will help improve your score as effectively.

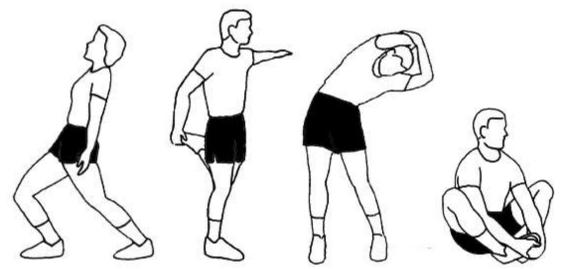
Flexibility Exercises are also an import aspect of the **FITT** Factors in that they contribute to overall success. Flexibility exercises should be done regularly in the following manner:

- 1. Before actually conducting the main portion of your workout, first run in place for one to two minutes. This gradually increases the heart rate and blood pressure as well as warms up the muscles.
- 2. Next rotate the joints such as the neck, shoulders, hips, knees and ankles for 5 to 10 seconds each. This gradually improves the joints' range of motion.



Rotations: Neck, Arms and Shoulders, Hips, Knees and Ankles

3. At this point various stretches should be done which correspond to the type of work that will be done with the main portion of the exercise. Each of these stretches should be held for 10 to 15 seconds. This will help "loosen up" the muscles and tendons and help to avoid injury.



Examples of Stretches: Calf Stretch, Thigh Stretch, Overhead Arm Pull, Groin Stretch

4. Finally warm-up calisthenics should be done to fully warm-up the body overall so as to be maximally ready to do work so as to get the most from the main portion of the workout.

Overall the warm-up should only take 5 to 7 minutes. Similar cool down exercises and movements should be done as part of the cool down with the stretches being held for 30 seconds and no rotations conducted.

Other examples of rotations, stretches and exercises are available in FM 21-20 Ch. 3,4 and 7.

REVIEW of Exercise and Physical Exertion:

What you need to remember about exercise and physical exertion can be summed up with remembering the **FITT** factors:

Frequency: workout 3 to 5 times per week

Intensity: for aerobic/cardio exercise, push yourself so that it is difficult to talk as you exercise. For muscular strength and endurance do 3 to 4 sets of 8 to 12 reps.

Time: workout 20 to 45 minutes, plus time for warm up and cool down.

Type: Do a variety of exercises for overall fitness but be sure to do push-ups, sit-ups and running to ensure you will do well on the APFT.

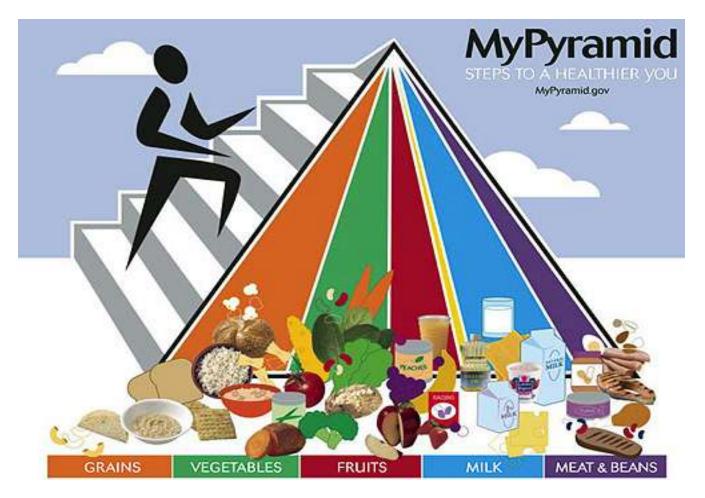
Flexibility Exercises are also important and should be used to warm-up and cool down properly.

Note: Additional specific APFT workout ideas are provided at the end of this booklet in the "Maximizing Your Ability to Pass the APFT" bonus section, to help you pass your APFT and succeed in accomplishing your mission.

Eating Plan

It is important to have a good eating plan so that we have the proper energy to successfully pass an APFT and accomplish our mission, as well as be within regulation for our weight and not be over fat or under nourished.

FM 21-20 clearly states that a combination of a proper eating plan and a consistent exercise program is the proven way to lose excessive body fat.



Adequate intake of, not over indulges in, the various portions of the food pyramid are important in order to attain and maintain a healthy body weight.

Some important dietary guidelines to remember are as follows:

- Eat a variety of healthy foods to insure proper vitamin and nutritional intake
- Maintain an eating plan low in saturated fat and cholesterol
- Eat plenty of vegetables, fruits and whole grain products
- Use refined sugars (table sugar, high fructose corn syrup, corn syrup, etc.) in moderation

- Use salt/sodium in moderation
- Drink plenty of water throughout the day to stay properly hydrated
- During exercise or physical exertion, do not drink coffee, tea and soft drinks. Even though
 they provide fluids, the caffeine in them acts as a diuretic that can increase fluid loss.
 Avoid alcohol for the same reason. If not exercising, consume these beverages only in
 moderation.

The ideal amount of calories that an individual soldier should consume depends on gender, age and activity level. Due to these variables calorie requirements range from about 2400 to 3000 for males and 1800 to 2200 for females (www.mypyramid.gov). A full calorie intake chart is provided in the back of this booklet. Note that the general formula used does not take height into consideration. It goes with an assumed average height of 5'9" for males and 5'4" for females (www.cdc.gov). If your height is greater or less than the average then you should adjust the calorie ranges accordingly.

Snacking in between meals is OK as long as the snack is light (low in calories) and not high in sugar or fat. Additionally beware of liquids consumed other than water. Many people consume a lot of unneeded calories because they have grown accustomed to drinking soda or coffee throughout the day.

REVIEW of Eating Plan:

What you need to remember about the Eating Plan is:

- o It is a very important part of overall health and fitness.
- o You should eat plenty of fruits, vegetable and whole grain foods.
- o You should mainly drink water and you should drink it throughout the day.
- After you reach your desired body weight you need to consume just enough calories to maintain that weight based off of your age, gender and activity level.
- o Snacking is OK as long as it is low calorie and not high in sugar or fat.

Note: Nutritional information dealing with what and how to eat on the days leading up to an APFT is provided at the end of this booklet in the "Maximizing Your Ability to Pass the APFT" bonus section.

EATING PLAN MENTAL STATE

Mental State

This final component of the PT Enhancement Program is the Mental State. A proper mental state guides our actions and gives us the motivation to exercise and eat correctly as well as helps us to guard against depression. This feeds back into the mental state in that the fitter and healthier you are, the better your mental attitude will be which will lead you to continue to eat right and exercise.

As a National Guard soldier you already know that most of the physical training that you must do in order to stay healthy and physically fit must be done on your own time. This then requires you to have the mental fortitude to actually exercise and follow the previously mentioned eating plan. You have to fully realize that the key to your success ultimately comes from within you!



Your success ultimately comes from within you!

Below are three important mental approaches to assist you in motivating yourself to succeed.

Play the Role:

In your mind you must view yourself as a physically fit soldier even if you are not. In viewing yourself this way you must then act out your role as a physically fit soldier. You must use this mindset and continually ask yourself, what would a physically fit soldier do and then actually do it. A physically fit soldier goes to the gym, eats right, is active and is full of energy. Tell others that you go to the gym and do it. Tell people that you work out and that you do lots of walking and then do it. By playing this role, you will become the role. In acting like a physically fit soldier you will become one.

Commit to 3:

This is a simple mental technique where you simply commit to three. Lets say you are too tired or simply unmotivated to do push-ups. OK, just commit to doing 3 push-ups. By getting down and doing those 3 push-ups you will generally realize that since you are already in that position you might as well knock out a few more. Before you know it you are doing a second set. Do this again with your sit-ups and before you know it you will have completed your push-ups and sit-ups routine. In the same way you can apply it to running. Commit to at least 3 minutes. Generally you will find that after running 3 minutes you will decide that you might as well run for the rest of your workout and will then finish even though you didn't initially have the motivate to even start. Committing to 3 is a powerful tool that should be used whenever necessary.

Set Specific Goals:

Setting goals for yourself is a great way of having something to strive for and will help you stay motivated. In setting goals you should always make them realistic/achievable and specific enough so that you know you are making progress or have achieved it. Additionally you should keep a log to track your progress and see a physical representation of what you are doing and achieving. Finally you should also tell others of your goals. By doing this they can cheer you on as well as assist in holding you accountable to your own words and promises to yourself.

Having all of the knowledge and resources is useless if it isn't acted upon and implemented. You are in control and you can improve and maintain a fit and healthy body if you chose to do it. As a soldier you must do your duty and be able to successfully pass the APFT. With the proper mind set you will take action and do what is necessary to be fit and healthy so as to improve yourself for your own benefit as well as to benefit your family and to ensure that the Army can succeed in its missions.

REVIEW of Mental State:

In understanding the component of "Mental State," remember these following key points:

- o Having the proper mental attitude will give you the motivation to succeed.
- o Play the Role: In acting like a physically fit soldier you will become one.
- o Commit to 3: In committing to just doing 3 (reps/min.) you will generally end up doing more.
- o Set Goals: make them realistic/achievable and specific. Keep a log and tell others of your goals.
- The power to succeed is with in you. Make that choice for yourself, your family and the Army.



Maximizing Your Ability to Pass the APFT

Eating in preparation for an APFT: Eating foods rich in carbohydrates helps maintain adequate muscle-glycogen reserves while sparing amino acids (critical building-blocks needed for building proteins). About 50 percent of the calories in the diet should come from carbohydrates. Foods rich in complex carbohydrates (for example, pasta, rice, whole wheat bread, potatoes) are the best sources of energy for active soldiers. For overall health soldiers must also consume fruits and vegetables and follow the food pyramid.

APFT Preparation Workout: This APFT workout will help you succeed in passing the PT test. SGM Robert Rush, Army advisor to the 26th Infantry Division, Camp Edward, ME, originally wrote the following program, "*Training to Max PT*," printed in the NCO Journal, 1993.

If done correctly, this program will bring you to muscle failure. This regime is designed to be done every other day, as your muscles need from 24 to 48 hours to recover from hard usage.

To get your starting numbers, look at the charts. The numbers along the top of the charts are the number of pushups or sit-ups you performed correctly during your last APFT. Follow the number down the row to give you the number of repetitions for each exercise you're to begin with in your individual program.

Push-up, Sit up Improvement

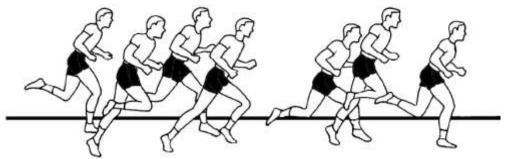
	APFT Number of Push-ups completed															
Number	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85
Push-ups	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34
Close-hand	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
Wide-arm	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
Turn & Bounce	5	6	7	8	9	10	12	14	16	18	20	22	24	26	28	30

	APF	APFT Number of Sit-ups completed														
Number	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85
Sit-ups	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34
Crunches	4	5	6	7	8	8	9	9	10	10	11	12	13	14	15	16
Flutter Kicks	5	6	7	8	9	10	12	14	16	18	20	22	24	26	28	30
Leg Spreader	5	6	7	8	9	10	12	14	16	18	20	22	24	26	28	30

^{1.} Regular push-ups times three sets with one-minute rest in between sets. Form is important. If you can't do the push-ups properly, go to your knees and continue until you've finished the sets. After three workouts, add three push-ups to each set. (Example: You start with 14 push-ups on Wednesday. The next Wednesday, go to 17 push-ups.)

- 2. Regular sit-ups, times three sets with one-minute rests between sets. If you can't do all the sit-ups properly, lower the angle of your legs until they're almost parallel to the ground. After three workouts, add three sit-ups to each set.
- 3. Close-hand push-ups. Put your hands together under your chest in a diamond shape. Perform the push-ups. Go to your knees if necessary. Add one close-hand push-up after every three workouts.
- 4. Wide arm push-ups. Put your hands under your chest in a diamond shape. Perform the pushups. Go to your knees is necessary. Add one close-hand push-up after every three workouts.
- 5. Crunches. Start position is with arms across chest, hands grasping shoulders. Try not to stop between set. Crunches are as follows:
 - a. Legs bent 90° (degrees), knees together
- **b.** Legs bent 90°, knees apart
- **c.** Legs bent 90°, feet in air, knees together
- **d.** Legs bent 90°, feet in air, knees apart
- e. One leg bent at 90°, foot on ground, one leg straight, 6½" off ground f. Same as e., but reverse
- g. One leg bent at 90°, foot on ground, one leg straight, 6½" off ground h. Same as g., but reverse
- 6. Turn and bounce. Hold arms parallel to the ground with palms facing up. The exercise is an eight-count movement at a slow cadence. Pivot slowly at the waist to the right for four counts and then to the left for four counts. Add two turn and bounces after every three workouts.
- 7. Flutter kicks. Put your hands under your buttocks. Lift your feet six to eight inches off the ground to start. Begin by lifting legs in sequence 6 to 18 inches. Keep legs slightly bent to reduce the strain on your back. One repetition equals four counts. Add two flutter kicks after every three workouts.
- 8. Leg spreaders. Put your hands under your buttocks. Lift your feet 6 to 8 inches off the ground to start. Begin by spreading legs 18-30 inches and then bringing them back together. Keep legs slightly bent to reduce the strain on your back. One repetition equals four counts. Add two leg spreaders after every three workouts.

Running



Use the running chart to increase your aerobic and anaerobic stamina and better your two-mile time. Enter the table using your two-mile time or multiply times four your half-mile assessment. For example, your run time is 14:15. Enter the chart at +14. This program is designed to be run every other day, although there is no harm in running more than three times a week.

Running Cha	art	har	q	n	ni	n	u	R
-------------	-----	-----	---	---	----	---	---	---

Minutes	+12	+13	+14	+15	+16	+17	+18	+19	
Fast Run	х	х	1 mile						
	2 mile	2 mile	6:30	7:00	7:30	8:00	8:30	9:00	
	11:30	12:30	2 mile						
			13:30	14:30	15:30	16:30	17:30	18:30	
Sprints									
220 yards	X	X	X	X	X	:48	:51	:55	
440 yards	1:07	1:15	1:23	1:30	1:37	1:45	1:52	2:00	
880 yards	2:45	3:00	3:15	3:30	3:45	4:00	4:15	4:30	
Long, Slow Runs Run at least 20 minutes for time and not distance.									

Sprint day. Enter the sprint portion of the chart at your run time now. Do four sprints each of two distances, alternating your sprints between the distances. Begin with the lower distance for your speed. Attempt to beat the time listed. Rest one minute before you run the longer sprint. Rest two minutes between the longer and shorter sprints. If you feel you are not being properly stressed, and as you develop your wind, decrease the amount of rest time between sprints. For those with run times of +17 to +19, when the 220-yard sprint goal is met, move up to the one-quarter mile (440 yards) and one-half mile (880 yards) runs.

Fast run day. Begin with the lower distance for your speed. When you beat the time for the distance, move to a longer distance within the same row. When you surpass the time for the distance at the bottom of the row, move to the left one row, maintaining the same distance. When you move one row to the left on the fast run, move your sprint goals to the same row.

Long and slow run. Run at least 20 minutes for a good cardiovascular workout. Run for time during this session, not necessarily distance.

The program is designed to have very little paper overhead. Each soldier is responsible for his or her own pace in the program, which has the additional benefit of exercising the soldier's self discipline.

As with any program, results are directly attributed to the amount of effort extended. Soldiers who can't keep up on the battlefield are losses just as much as casualties suffered through enemy action.

Other workouts are available within the FM 21-20 Ch. 7 & 8, such as Circuit training for strength development, circuit training for cardio respiratory endurance, circuit training for push-up and sit-up improvement, conditioning drills, aquatic workouts and rifle-drill exercises.





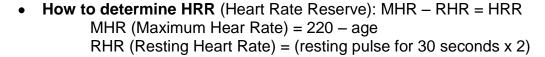


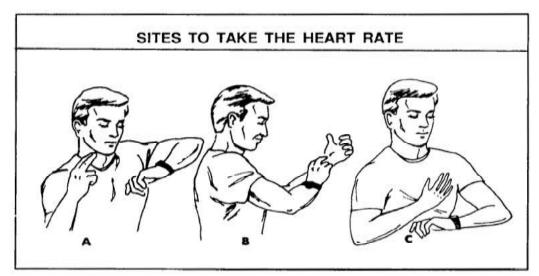




Rifle Exercise: Four Up Behind Back

Additional Information





A: Carotid Artery (neck) B: Radial Artery (wrist) C: Heart (heart beats)

• **LOGS** (these included logs are to assist you in keeping track of your workouts and can be used with the "*Training to Max PT*" workout as well as most any other workout).

	DISTANCE	RUN TYPE	ATE
			-+
			\longrightarrow
			\longrightarrow
			\longrightarrow
			-+
			\longrightarrow
			-+

PT Enhancement Program - V	ORKOUT LO	G	
Date:	Workout Type:		
Exercises:	Repitions:	Sets:	Weight:
Date:	Workout Type:		
Exercises:	Repitions:	Sets:	Weight:
Date:	Workout Type:		
Exercises:	Repitions:	Sets:	Weight:



Frequently Asked Questions

Q: How Many Days In Advance Of The APFT Should I Discontinue Doing Push-Ups, Sit-Ups, And Running? Also, How Do I Warm Up Right Before The APFT For Each Exercise?

A: Assuming you're in shape (i.e., you've trained and are prepared for the APFT), you may "rest" for two days prior to the APFT [older soldiers may need a little extra time]. But time your training sessions so you are not "resting" for more than two days prior to the event. Otherwise, the additional "rest" will hamper your performance. [Additionally you should time your prior workouts so that when it is time to do your APFT you are energized and ready, not tiered and sore. Light walking and stretching on the two rest days leading up to the APFT will also help.]

I'm going to guess that you won't be taking the APFT with a large group of soldiers. Usually, one of the soldiers administering the APFT leads the group in some stretching exercises before the first event: push-ups. If that's not the case, do some light calisthenics (i.e., side-straddle hops) for a couple of minutes (or however long it takes to break out in a light sweat). [Then perform some full body warm-up stretches before each event to help warm you up and prevent injury.]

**Reference: http://www.hooah4health.com/body/fitness/asklucy/askLucyFAQs 1.htm"

Q: What is the minimum number of points you must score in each APFT event?

A: You must score at least 60 points in each event to pass the APFT (FM 21-20, Ch 1).

Q: Where is the best place to find additional nutritional information?

A: The most recommended Army reference is AR 600-9, C–7. Tailoring a nutrition program.

Q: What is carb-loading and how does one do it leading up to an APFT?

A: Carb-loading (carbohydrate loading), also known as super-compensation, aims to prevent the onset of fatigue during endurance events. If completed properly, carbo-loading can improve the amount of stored carbohydrate (energy) found in a trained person.

Sports nutritionists recommend increasing carbohydrate intake to at least nine to 10 grams per kilogram of bodyweight (70 percent of dietary kilocalories) *two to three* days before an event.

Consuming light carbohydrates meals within six hours of competition can help ensure that you will have topped-off your liver and glycogen stores before the start of competition. The liver, which helps maintain blood glucose levels, needs to be refilled on a regular basis to maintain its glycogen stores. Even if you have followed a carbo-loading program in the days leading up to competition, it would be wise to eat or drink 75 to 200 grams of carbohydrate in the final hours before competition. Your last—minute carbohydrate needs will vary according to your body size and caloric output in the race. Once again, high-carbohydrate drinks are ideal in this situation.

During the final minutes before the start, drink about 10 to 12 ounces of a sports drink (six to 10 percent solution) to top off your stomach with fluids. This may produce discomfort in some

athletes' stomachs when starting an endurance race, so get into the habit of drinking this much in practice.

**Reference: http://www.bodyandfitness.com/Information/Fitness/carb1.htm http://www.mayoclinic.com/health/carbohydrate-loading/MY00223

Q: Are "Energy Drinks" safe and should I drink them before my PT test?

A: The simple short answer is NO, they aren't healthy and you shouldn't take them before a PT test. Energy drinks such as Red Bull, Rock Star, Monster, Amp, Jolt, No Fear, and many others, are high sugar drinks that are sometimes carbonated and have stimulants such as taurine, ginseng, guarana, vitamins, green tea and caffeine. Although the drinks will indeed give you a boost of energy, the stimulates can often lead to high blood pressure, heart palpitations, agitation, nausea, difficulty concentrating, hyperactivity and problems sleeping. A recent study even claims that these energy drinks may prove harmful for people with hypertension and heart disease (Henry Ford Hospital Research, 09). Due to these side effects and the natural dehydrating effect that the caffeine in these drinks would have, consumption is not recommend and is discourage. Instead follow the eating plan provided and drink plenty of water.

Reference: http://sify.com/news/fullstory.php?id=14875484

Q: Are there any tips on how to do more push-ups and sit-ups during the APFT?

A: Set your goal for at least 5 more than the number of reps you need. In this way even if you come two or three short you will still have achieved the number needed. Do a few warm up reps (3 to 5) before the actual event. This will help stretch you out and set your mind to maximize your ability in the event. For the Push-Up: start with your hands shoulder width apart. When you get tiered move your arms slightly further apart, changing the angle of the push-up starts to incorporate other muscles that won't be as fatigued. When you get tired again, try moving your hands back in to shoulder width. For the Sit-Up: if in the down position you suddenly can't come up any more, lift your rear-end up and bounce yourself to the up position. This repetition won't count, but from the up position you will have momentum to do a few more reps.

Q: I don't train/practice the run because I get shin splints, is there anything I can do?

A: Prevention is the best medicine. Shin splints are caused by an imbalance between the muscles that actually lift the foot and those that pull it down. Strengthening the shin muscles will help to prevent shin splints. This can be done by doing toe raises as well as the towel exercise. The towel exercise consists of sitting on a chair with a towel on the floor. The towel is to be picked up using only the feet, clinching the towel with the toes. Do 2 to 3 sets of ten, two times a week. Additionally the shins should be massaged before and after a run to insure good blood flow to the area to aid in recovery and to avoid injury. Run on lighter surfaces such as a dirt trail and minimize running on hard surfaces. Remember to still periodically run on a hard surface such as pavement in that the PT Test run portion is generally conducted on such a surface.

References and Resources



Military References (available on AKO):

FM 21-20 Physical Fitness Training

AR 350-1 Army Training and Leader Development

AR 600-9 The Army Weight Control Program

Internet Resources:

https://akocomm.us.army.mil/usapa/index.html - Army Electronic Publications & Forms
www.hooah4health.com - general military fitness and health information
www.mypyramid.gov - nutritional information